



EXPERTS (page 23)



CALGARY metr

Monday, September 27, 20 www.metronews.ca



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HERBALI

1 killed, 2 hurt in rollover

Anyone who may have witnessed incident is asked to call Cochrane RCMP at 403-851-8000



RCMP are investigating a rollover that left one woman dead and sent two others to hospital early yesterday morning.

Shortly after 5 a.m., Cochrane RCMP responded to the scene on Highway 1, east of the Highway 22 overpass, where they found a young woman dead at the scene after she was thrown from the ve-

Stuart Brideaux of Alberta Health Services EMS said the deceased and two others in the vehicle were all in their

We know the vehicle was eastbound when the rollover occurred, but where they had been coming from or

Middle East

Ship looks to break blockade

British vessel bound for Gaza sets out with Holocaust survivor, medical supplies

Jewish settlers break ground as construction slowdown ends {page 10}

Survivors

A male was taken to hospital in stable and non-life-threatening condition, while the other female in the vehicle was airlifted in serious and potentially life-threatening

where they were headed, I don't know," said Brideaux.

RCMP said they believe the deceased was not wearing her seatbelt, while the driver and other passenger were wearing their belts.

While the investigation is ongoing, RCMP believe alcohol may have been a

Maggie Q gets tough for Nikita

Actress finds past training with Jackie Chan an asset {page 17}

End sought to family violence

Calgarians take part in second Multi-Faith Walk (page 3)



Fallen officers honoured

More than 5,000 members of Canada's tight policing family marched up to Parliament Hill yesterday, standing behind the grieving relatives of seven officers who died in the line of duty over the past year. Among the fallen officers was Alberta RCMP Const. Chelsey Robinson, who was searching for a suspected impaired driver when her cruiser was struck by a transport truck.



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Ex-Hitmen owner killed in air crash, teams say

Hockey teams in Calgary say one of the victims of a deadly small plane crash in Alberta was once a part owner of the Calgary Hitmen hockey team.

Police say the three victims of the crash north of Calgary Friday were all men from Alberta but RCMP haven't released their names yet.

Saturday afternoon, the NHL's Calgary Flames and the Calgary Hitmen of the WHL issued a statement expressing their sadness at the loss of Charles Matson,

51.

"As a former owner of the Calgary Hitmen, Chuck was an important member of our hockey family and a respected individual in the Calgary community who played a key role in returning the Western Hockey League to our city," the teams said in a joint statement.

Mar's office attacked, signs taken

Mayoral candidate and current Ward 8 Ald. John Mar said he will remain "undeterred" after yesterday's attack on his campaign headquarters.

Mar said more than 300 signs in the ward were either vandalized or stolen, as well as signage being ripped from his campaign office

"This is anti-democracy. It doesn't help in our overall conversation that we're trying to have with the voting public," said Mar. KATIE TURNER

> \$10,000 Mar said the damage done by the vandalism amounts to more than \$10,000.



Violence 'crosses all boundaries'

• Calgarians walk to raise awareness about dangers of domestic violence • Whether we are Muslim, Jewish, or Christian, or atheist or other faiths, we're all together in saying that violence has no place in our society': Imam



After walking across Canada, Imam Syed Soharwardy is used to great distances, but he said every step towards ending violence is an important one.

In 2008, Soharwardy walked from Halifax to Victoria in the name of ending domestic violence, and he brought that same idea

Approximately 100 Calgarians took part in the second annual Multi-Faith Walk to End Family Violence yesterday through Prince's Island Park.

"Domestic violence is not a problem of a specific faith or a specific group or a specific ethnicity. It cross-... all boundaries," said Soharwardy.

Alliance to End Violence vice-president Bob Innes said domestic abuse and violence is often not dis-

"Family violence is kind of tucked away, people don't like to talk about it," said Innes. "It's a big problem and we've got to get it

Soharwardy said he hopes the walk will continue to expand within the city to bring attention to

the issue.
"I hope this walk will get bigger and broader and involve all Calgarians," he said. "(Violence is) a cancer

Fast facts

- Soharwardy walked more than 6,500 kilometres over a period of eight months during his walk across Canada.
- ► The Calgary Police Service responded to 13,496 domestic violence related calls in 2008, according to the event's co-ordinator.

and that cancer has to





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On the web at metronews.ca

Guidy Mamann explores what may potentially be very bad advice offered to aspiring immigrants. More at metronews.ca /immigration





Fort Chip preps for Cameron

Details sketchy for director's visit to small town Also expected to meet with the premier on Wednesday

The tiny, isolated community of Fort Chipewyan in northern Alberta has seen plenty of well-intentioned southerners fly up to hear its concerns about living downstream from the industrial megalopolis of the oilsands.

Fort Chip, as it's known, has been visited by 10 documentary crews in the last 10 years — a lot

of attention for a hamlet that doesn't even have a four-season road.

But the community of about 1,000 on the shores of Lake Athabasca in Alberta's northeastern corner is preparing itself for an entirely new closeup.

director Hollywood James Cameron, known almost as well for his environmental activism as for blockbuster movies such as Titanic and Avatar, is planning to visit the community tomorrow to hear for himself how people feel about the rapid growth of oilsands operations and their affect on land and water.

They'll probably outline to Cameron the same complaints they've been making to the Alberta government for years: fish from the Athabasca River doesn't taste the same; water levels in the lake are dropping; there are unusually high rates of rare cancers.

"The health issues come to the forefront," said John Rigney, special projects manager for the Athabasca Chipewyan First Nation. THE CANADIAN PRESS

WARD 2



Avatar

Avatar — Cameron's latest film, about a group of indigenous people who try to save their planet from greedy exploiters is a popular movie in Fort Chip. It was even shown at the school to reward students who were performing well.

Ward 1, meet your candidates

Metro spoke to the candidates running in Ward 1 to find out who they are, what they do, where they stand and why they feel they deserve your vote.

WARD 1

Chris Harper

Business advisor and manager No. 1 issue: "The need for

city departments and council members to demonstrate, and justify, how funds are being spent prior to going back to Calgarians for more money through higher taxes and fees.'

Political experience:

'I've worked with City Councils both directly and indirectly on behalf of community organizations.

Why run?

"Our city is heading into a period where there's going to be a lot of cuts, and I think that the approach we need to take is not by cutting or spending more but by doing more with what we already have.'

Dale **Hodges**



Alderman, Ward 1 No. 1 issue: "Finalizing a land purchase agreement

with the Province of Alberta to enable the Northwest Recreation Centre Project to proceed."

Political experience:

Nine terms as a member of Calgary City Council.

Why run?

"There's some projects that I want to see through to completion ... (including) the Northwest Regional Recreation Centre and the extension of the LRT out to Tuscany.'

Ric Lockhart



and accountability."

"None. I'm all business,

enough real people.

Scott



Retired businessman No 1. issue:

CITY OF CALGARY

WARE

"Prudent fiscal management that provides

true value from every tax

Political experience:

"Twenty-five years of community leadership."

Why run?

bring responsible change to city hall.'

Iudi Vandenbrink

Retired gener-

al contractor

"The way the city has been

wasting mon-

No. 1 issue:



Business owner and environmental consultant No. 1 issue: 'Fiscal

sponsibility and citizen en-

Political experience:

'Worked on environmental campaigns to preserve parks, wildlife and waterways, as well as being an advocate for innovative people and entrepreneurs.

Why run?

"I've lived in Calgary over years, raised two (and) have daughters, seen many changes. One of them is the sense of community seems to have been lost in Calgary, and I want to bring that back."

ness Community Association, director of community planning and development, and I've always volunteered for many of the community concerns

ey could build the airport

tunnel (and) other infra-

"(Past) president of the Bow-

Political experience:

Why run?

structure.

Norm

Perrault

To stop the wasting of taxpayers' dollars. ... City policies need to be changed for that reason.

Coverage

As election day approaches, Metro will introduce you to the candidates running in each of the 14 wards. Be sure to pick up Metro weekdays, and visit our website at metronews.ca/calgary

Bill



Management, Canada Safeway No. 1 issue:

"Financial re-sponsibility

Political experience:

family and community.' Why run?

"I couldn't find the right representation for my community. There were too many politicians and not

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The Calgary city election takes place on Monday, October 18.

The election

Voters will elect a new mayor and 14 aldermen to the city council.



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PLU 2093



Candidates gang up on airport tunnel

Different estimates have pegged the cost of the project between \$120 and \$500 million



Candidates from across the city rallied together in northeast Calgary yesterday, voicing their opposition to the proposed airport tunnel.

Mayoral candidate Bob Hawkesworth led the charge with aldermen past and present — in-cluding current aldermanic candidates at the McKnight Westwinds Park and Ride location yesterday, saying the tunnel dimuch needed infrastructure cash away from other projects, including the SE LRT line.

"I believe this tunnel is not a priority with Calgarians," said Hawkesworth, perhaps the only mayoral candidate vocal in his opposition to the tunnel.

Hawkesworth, former Ward 4 alderman, has been pushing the airport



tunnel as a major election issue this summer, using the \$500-million price tag

as the main deterrent. He's gained support from a number of municipal candidates, including former alderman Helene Larocque, who is running to regain her Ward 3 seat, and she said the tunnel is a very high-cost item, while only a fraction of Calgarians will benefit.

"This is a symbolic issue," said Larocque.

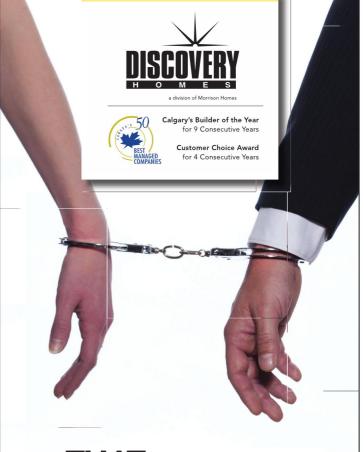
"It signifies giving votes to the past, or for the overall future of Cal-

Ward 1 candidate Judi Vandenbrink said she initially thought the tunnel might be a good idea for the airport, but what she calls misinformation has led her to change her mind on the issue.

"I get frustrated when I hear that this is Calgary's number 1 priority," said Vandenbrink, who attended Hawkesworth's multicandidate shindig.

"There are so many other issues that are im-portant in this city."

Hawkesworth said at the outset of yesterday's event that this multi-candidate meeting was not an endorsement for one another or their overarch ing platforms in the upcoming municipal ection.



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On the campaign trail



Ric McIver

McIver unveiled his campaign donor list over the weekend, stating that he wanted to keep in line with his campaign promise of transparency and accountability. McIver's list included donors from as far back as the day after the last municipal election in 2007. The list is updated to September 24, 2010



iggins also released a donor list that includes the names of onors and amounts donated. Higgins is also pledging to post egular updates to the list on her website, prior to the election. When it became clear that Calgarians wanted the opportunity t mpare the donors' lists of the two frontrunners, my new camign manager and I quickly made the decision to move forward th an absolutely full disclosure," Higgins said.



Naheed Nenshi

After calling out fellow candidate Ric McIver on his police budget stance, thus drawing the ire of police Chief Rick Hanson on what Hanson called "inaccurate" budget numbers, Nenshi's campaign manager said all is well, noting a police spokesperson said the chief had "expressed regret" the issue had escalated to that point. Nenshi had a meeting with the U of C newspaper and his team was out hammering up signs around the city



Jobo Mawkes world? It is along with the multi-candidate meeting in opposition to the air-tort tunnel, Hawkesworth stayed busy launching a billboard cam laign promoting the growth of rapid-transit infrastructure in the ity—including the proposed SE LRT line. "This election is about he right and wrong priorities for Calgary—the SE LRT is the light priority and the \$500-million, east-west airport tunnel is the propriority," Hawkesworth said in a release.

discoveryhomes.net

News in brief

Man's fall halts LRT

TRANSIT. LRT service was interrupted for a short time after a man attempted to reach the train on the Chinook

centre LRT platform.
The man fell off the platform and down onto the tracks at approximately 5:20 p.m. Saturday and was treated for non-life threatening injuries on the scene.

The Calgary Police traffic unit will be investigating the incident. METRO CALGARY

Firefighters win some. lose some

COMPETITION. Calgary firefighters were first in the region in the 2010 North American Vehicle Rescue Challenge which took place in the city over the past four days - but were beaten in the overall event by more experienced teams from the United Kingdom and Sweden, according to a fire department spokesperson

Teams were competing in vehicle extrication, using the latest tools and techniques. METRO CALGARY

Truck runs amok in SE

VEHICULAR CRIME. Seven vehicles were hit and significant property damage was inflicted when a semi truck went on a rampage in the city's southeast Saturday afternoon.

The truck was involved in several alleged hit-and-run incidents in the community of Cranston around 3:30 p.m. Saturday. The driver eventually stopped and was apprehended by an off-duty police officer. No one was injured, and the Calgary Police traffic and truck units will be involved in the investigation.

METRO CALGARY

Walkin', waggin' and raisin' money

Animal Rescue Foundation raising funds to build facility Around \$18,000 raised during Walk n' Wag



Dogs of all breeds, and of course their owners, took part in the first annual Walk n' Wag, held yesterday by Calgary's Animal Rescue Foundation.

Roughly 100 Calgarians raised money and walked through River Park with their pups.

The event fundraiser for ARF's Pad of Paws campaign, which is an ongoing fundraising initiative that aims to eventually build a permanent location for the foundation.

'We want to have a place where we can actually bring (animals) in, take care of them, (and) give them all their medical care," said



Julie Felber, the campaign's chairwoman.

One of the event organizers, Jane Robarts said they nearly doubled their goal of \$10,000.

We're very excited to have surpassed that goal,' she said, adding that the foundation hopes to raise awareness as well as funds.

Robarts said that, in light of the success of the first Walk n' Wag, she hopes to continue the event every

"Going forward, we want to make sure this is an event that people come to every year. It's something that we want people to look forward to.'

The ARF file

- Registration According to Jane Robarts of the Animal Rescue Foundation, 70 participants registered for the event online and several more registered on site.
- Fundraising goal ARF is looking to raise around \$1 million for their Pad of Paws campaign.
- Three more years The organization is in year two of their five-year fundraising campaian.
- Rescue operations The foundation rescues stray and unwanted dogs and cats from First Nations communities and rural areas
- 15 years of work ARF was founded in 1995 and since then has found homes for over 3,500 dogs and 1,300 cats.



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Koodo

Good call











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Southcentre Mall Sunridge Mall

ENERGY EFFICIENCY

Fed grants wasted on **business**

Federal grants to improve the energy efficiency of existing buildings across Canada worked reasonably well for homeowners but were largely a waste of money for businesses, a new study suggests.

The so-called eco-ENERGY program that the Conservative government introduced in 2007 prompted about half a million homeowners to insulate walls and attics, buy better furnaces and plug air leaks.

But the majority of businesses that received grants would have done the retrofits anyway.

Those findings are from a draft evaluation of the \$864-million ecoENERGY program. THE CANADIAN PRESS

Man free after bomb threat

Relatives thronged an airport in southern Pakistan yesterday to greet passengers whose flight from Canada was diverted to Sweden after a baseless report that a man aboard had explosives. Canadian officials investigated whether someone with a grudge called in the threat.

The plane was diverted after an anonymous woman in Canada tipped dian man on the flight was carrying explosives, said Royal Canadian Mounted spokesman Sgt. LaPorte. The tip Police Marc proved false, and police are now investigating whether the incident was a "terrorism hoax," he said.

A prosecutor decided to release the man after questioning.
THE ASSOCIATED PRESS

Woes still plague India before Games



Snake found in athlete's room Follows bridge collapse last week

Two more Australian athletes withdrew yesterday and a South African competitor reportedly found a snake in his room as complaints over cleanliness, security and construction continued to dog the troubled Commonwealth Games a week before the sporting event opens in New Delhi.

While international sports officials have said the situation had improved dramatically in the athletes' village over the past couple days — after inspections last week turned up rooms spattered with chewing tobacco and human excrement - some teams said the situation remained grim.

Tuelo Serufho, head of the Botswana contingent,

told Press Trust of India that his team's rooms in the village were "unlivable for our athletes," with filthy bedsheets, bathroom fixtures that did not work and construction debris.

The games, held every

four years, bring together nearly 7,000 athletes and officials from 71 countries and territories from across the former British empire. The games were meant to be a coming-out party for India to cement its reputation as a growing regional power. Instead, its image has been battered by negative publicity about its frantic last-minute efforts to get ready for an event it knew it was hosting seven years ago.

The games open Oct. 3. THE ASSOCIATED PRESS

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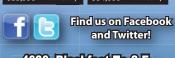












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'They've taken the pride I had at being Canadian'

Government claimed first-generation limit was introduced to preserve value of Canadian citizenship

When Paul Compton was born in Scotland, his parents rushed to register him "Canadian born as a "Canadian born abroad." They were finish-ing university and were eager to cross the Atlantic to raise their son as a true Canuck.

But 40 years later, their effort to ensure their son's citizenship has resulted in their grandson being ineligible for his.

Compton's son Mateo was born in Lima, Peru, just five months after a revamp of the Citizenship Act last April brought a first-genera-tion limit to citizenship by descent for Canadians born abroad.

"It's ludicrous," Compton. "The most important thing for me to do for my children would be to give them my heritage of



being Canadian. And I can't do that.

Compton, who brought to Canada when he was five months old, lived in the country until his early 30s. A teacher, he wanted to work in international schools. He now lives in Lima with his Peruvian wife, but plans to bring his family back to Canada in the fu-

His first son, born before

the new rules came into effect, automatically became a citizen and has a Canadian passport. Mateo, now a

year old, doesn't.
Last year's legislation,
Bill C-37, was brought in to solve the problems of so called "lost Canadians" thousands whose citizenship had been taken away from them by outdated provisions of the 1947 Citizenship Act. But the addition of the

first-generation limit created a new problem of statelessness in children born abroad to Canadians who themselves were born over-

For Compton, it was like a punch in the stomach.

'They've taken the pride I had at being Canadian away from me.

THE CANADIAN PRESS



Lovely day for a boat ride

Aid worker | Bus crash kidnapped

Officials said a female British aid worker and three Afghan colleagues were kidnapped yesterday in Afghanistan's northeastern Kunar province. Provincial Gov. Sayed Fazeullah Wahidi said the Briton was working on international aid projects.

THE ASSOCIATED PRESS

kills 12

At least 12 people were killed and dozens injured vesterday when a bus carrying Polish tourists crashed on the highway southeast of Berlin, police said. A po-lice official told the news agency DAPD that seven of the wounded were in critical condition.

THE ASSOCIATED PRESS

Pastor vows to fight

Bishop Eddie Long, the famed pastor of a Georgia megachurch, said yesterday he will fight allegations that he lured young men into sexual relationships, stressing he'd be back to lead the church next week. Four men have filed lawsuits in the past week.

THE ASSOCIATED PRESS

'High-value targets' hit by computer virus

A powerful computer code attacking industrial facilities around the world, but mainly in Iran, probably was created by experts working for a country or a well-funded private group, according to an analysis by a leading computer security company.

The malicious code, called Stuxnet, was designed to go after several "high-value targets," said Liam O Murchu, manager of security response operations at Symantec Corp.

But both O Murchu and U.S. government experts say there's no proof it was developed to target nuclear plants in Iran, despite recent speculation from some researchers.

Creating the malicious code required a team of as many as five to 10 highly educated and well-funded hackers. Government experts and outside analysts say they haven't been able

"This would not be easy for a normal group to put together. ... It was either a well-funded private entity ... (or it) was a government agency or state-sponsored project."

to determine who devel-

MANAGER, SYMANTEC CORP.

oped it or why.

The malware has infected as many as 45,000 computer systems around the world. Siemens AG, the company that designed the system targeted by the worm, said it has infected 15 of the industrial control plants it was apparently intended to infiltrate.

It's not clear what sites were infected, but they could include water filtration, oil delivery, electrical and nuclear plants.

None of those infections has adversely affected the industrial systems, according to Siemens.

U.S. officials said last month that the Stuxnet was the first malicious computer code specifically created to take over systems that control the inner workings of industrial plants.

The Energy Department has warned that a successful attack against critical control systems "may result in catastrophic physical or property damage and loss."

Symantec's analysis of the code, O Murchu said, shows that nearly 60 per cent of the computers infected with Stuxnet are in Iran. An additional 18 per cent are in Indonesia.

Less than two per cent are in the U.S.

THE ASSOCIATED PRESS

A solution for 'nasty cleavage wrinkles'?

A product that was developed to help prevent "nasty cleavage wrinkles" from creeping up between women's breasts appears to be busting out in Canada

be busting out in Canada. Nikki Wilcox of Chilliwack, B.C., is the Canadian distributor of the Kush, a cylindrical plastic "pillow" designed for large-breasted women who sleep on their sides to prevent wrinkles caused by the pull of gravity on their breasts.

The Kush acts by keeping a woman's breasts separated while sleeping.

THE CANADIAN PRESS

The Kush

- The product, a cylindrical plastic tube that Wilcox said is "anatomically contoured," was invented in the U.S. by Cathinka Chandler
- Chandler, who lives in Charlotte, N.C., said there are 20,000 users.



Singing for dumplings

Edward Pimentel of the U.S. won a million dumpling at the Karaoke World Championships in Moscow after the audience voted him their favourite early yesterday for his R&B performances.









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ta harbour in the Turkish-occupied north of ethnically

divided Cyprus, in a bid to breach the Israeli naval blockade

Ship to attempt blockade break

◆ The vessel Irene will try to reach the coast of Gaza and unload its aid cargo in a symbolic act of solidarity and protest

Irene

Unlike the Turkish flotilla, the British vessel Irene, now en route, carries a group of Jews, including a nurse from Germany and Reuven Moskovitz, a Romanian Holocaust survivor who has lived in Israel for more than 60 years.

Quote "We Jews should have our own country," Moskovitz tells Metro. "But it's wrong for us to oppress another people. We just celebrated Yom Kippur, the feast of reconciliation. I think we should practice reconciliation. too."



Yesterday, a ship carrying a Holocaust survivor and nine other Jews left Cyprus bound for Gaza. The ship will attempt to break the Israeli blockade of the Palestinian territory. Its cargo: toys and medical equipment.

"Israeli government policies are not supported by all Jews," says Richard Kuper, speaking on behalf of Jews for Justice for Palestinians, sponsor of the trip. "We call on all governments and peoples around the world to speak and act against the occupa-

tion and the siege."

Previous attempts to deliver humanitarian aid to Gaza have been thwarted by Israel. In May, Israeli troops killed nine activists onboard a Turkish ship on its way to Gaza. A spokesman for the Israeli Foreign Ministry declined to comment on the voyage

Settlers break ground on daycare

Dozens of Jewish settlers broke ground on a new daycare centre deep inside the West Bank Sunday to celebrate the end of the government's 10-monthold construction slowdown at midnight — symbolically renewing settlement activity that threatens to derail peace talks with the Palestinians. Some 2,000 people headed to another nearby settlement for a larger rally, where activists released 2,000 blue and white balloons — the colours of the Israeli flag — into the air at sundown. The balloons were meant to symbolize the 2,000 apartments that settlers say are ready to be built.

THE ASSOCIATED PRESS

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Schools curb dropouts

○ Students leave for various reasons, from a crisis at home to financial struggles **○** But primary barrier to success is own academic performance

A grade of C+. It's enough to shake up a first-year student and spell the end of a university career, say some school officials.

As mid-term marks begin to pour in for universi-

ty freshmen over the next few weeks, Ontario schools say they're on hand to help curb dropout rates across the province.

the province.
"We're dealing with students who are overachiev-

ers in high school. They often have never had anything worse than an A," said Deanne Fisher, director of student life for the St. George campus at the University of Toronto. While most students continue with their studies after first year — retention rates are steadily improving — there are still some that decide to pack it all in.

THE CANADIAN PRESS



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Man loses fingers in tug of war gone awry

A Nova Scotia man had his fingers severed in a tug of war during a fall fair over the weekend.

Jim Thurber, 59, was participating with about 40 other people in the tug of war Saturday in Bear River in southwestern Nova Scotia when he suffered the injury.

Reta Thurber, his mother, said her son was a lastminute recruit to the game. "I imagine he's sorry now that he did it," she said.

Brent Mansfield, who was also taking part in the

Tragedy at fall fair

- Loss. Four fingers were severed on Thurber's left hand.
- Recovery? Doctors were hoping they could reattach three of the fingers.
- Uncertain future. Thurber had retired a month ago as a municipal warden in Digby, N.S., and had been looking forward to playing golf.

tug of war, said he saw Thurber lying on the ground in visible pain, holding his hands together.

Mansfield said he and another man cut the piece of rope containing a part of Thurber's left hand and carried the severed fingers to a nearby store and put them on ice.

THE CANADIAN PRESS

Military comes to aid of town hit by Igor

The small town of Clarenville on Newfoundland's east coast was transformed yesterday into a military base for relief as nearby communities cope with the after-effects of Hurricane Igor.

Army trucks and jeeps rumbled along the main drag in the picturesque town of about 5,000 people

people.
Soldiers in green
fatigues milled around the
local civic centre that has
become the staging
ground for Operation
Lama, standard military
code for hurricane
response.

Randy Phillips, who lives near Clarenville and owns a construction company that has been working to fix crumbling roadways, welcomed the military's arrival.

"There's a lot of bridges down," he said as he prepared to resume work on the Cabot Highway on the Bonavista Peninsula.

More than two dozen communities were still cut



off since Tuesday's massive rainfall swelled rivers and brooks that plowed through asphalt

"A lot of those people are crying out for help," Phillips said.

Electricity for the most part has returned, while much-needed supplies are getting into many isolated communities by boat and all-terrain vehicle.

But Igor cut a daunting swath through the provincial road network that will take weeks to repair.

THE CANADIAN PRESS

DOLLAR MARKETS LOOKAHEAD

Traders eye growth

Traders looking for reassurance that the economic revival is on track will focus on key data this week concerning growth in Canada and the state of the American manufacturing sector.

Natural gas

1,000 sq ft

Gold

contracts

(+\$1.80)

- 103.07

(12,204.86)

Market

DOLLAR

+ 0.79¢ (97.50¢)

+ \$1.31

(\$76,49)

moment

The July reading on Canadian gross domestic product comes out on Thursday while the widely watched U.S. Institute for Supply Management's manufacturing index will be released Friday. Both will serve as curtain-raisers for the September employment reports for Canada and the U.S. expected on Oct. 8.

Expectations for Canadian growth are modest. The Canadian press

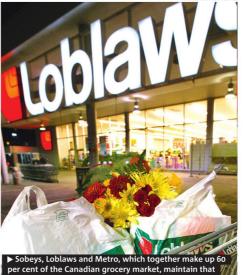
Citigroup gives raises to execs

Citigroup, still partly owned by the U.S. government after a rescue during the financial meltdown, is giving raises to top executives that could amount to millions of dollars.

CEO Vikram Pandit, who is drawing a salary of \$1 for the second year in a row, did not get a raise, but the bank's chairman hinted it plans a big payout for him next year.

THE ASSOCIATED PRESS

Food prices are falling: Grocers



ultra-competitive pricing is causing prices to fall and is

▶ Industry experts say trend is expected to reverse next year

Industry insiders say if grocery prices are falling, as Canada's largest grocery chains report, it's hard to tell because they don't reveal how they calculate price fluctuation and the declines are likely limited to highly competitive areas and selected promotional products.

Furthermore, any price deflation will soon be erased by higher costs and improved demand.

Economists, organizations, academics and analysts say short-term food price deflation is based on chains competing for scarce shopping dollars and will rise into next year along with improved consumer sentiment and commodity prices.

John Cranfield, a pro-

fessor of food economics and marketing at the University of Guelph, says no one wants to raise their prices because that will only encourage fickle customers to switch their loyalties.

The rising prices of key crops like wheat and corn, which are found in an array of items on supermarket shelves, and other staples like coffee and sugar is going to further squeeze grocers' margins.

Wheat prices are expected to spike into next year after Russia — the world's third-largest wheat exporter — extended its export ban on wheat and feed grains until next November following a severe drought.

THE CANDIAN PRESS

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CURTAIN SLOWLY FALLING ON THEATRES



It's that time of year again — the days are getting shorter, the air is getting colder, and The Uptown is having financial troubles.

his is most likely due to the fact that in the past few years, Calgarians have sadly been turning their backs on independent cinemas like The Uptown, Globe, and The Plaza like they were a political endorsement from Al Noor.

The troubles at The Uptown have gotten so bad that on a recent visit, my friends and I were greeted with blankets because the building's owners had turned off the heat

Quite frankly, the idea of The Uptown dimming its marquee has brought on a different form

of seasonal depression.

These three small theatres are

all that's left for film buffs who could care less about who Bella chooses, Nicolas Cage's hair or whatever the hell a Miley Cyrus is. buffs who could Without these movie houses, where will we go to chooses, Nicolas see all those movies that win Oscars or documentaries about countries we've never heard

More importantlv, where will we watch The Rocky Horror Picture Show and get popcorn for less

Recently, I've heard of people driving out to Cross Iron Mills

just because you can reserve your seat at its new theatre! Here's a tip for you gas guzzlers. On an average night at The Uptown, Globe, or Plaza you can have your own seat, row and sometimes you might even have the entire theatre to yourself, too. How can you beat that?

I already know what you're think-- why would

I go to smaller theatres when I can stand in line at Chinook, which was just named the

busiest movie theatre in Canada. What would you rather do after a busy day of work — stand in line to buy your ticket, then another line to get your food, then one last line to get your ticket checked, or head down to The Uptown where they do it all at once. Have we all become so accustomed to parking on the Deerfoot that we forgot that waiting for things actually sucks?

Saving theatres like The Uptown should be the utmost of importance for Calgarians.

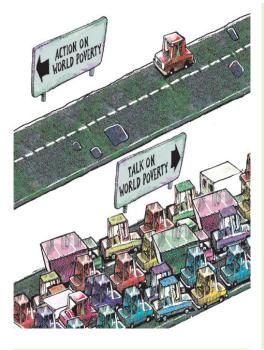
Especially for the ones who complain about cellphones, tweens and loud talkers who have seemingly invaded the bigger chains.

Instead of complaining about a lack of alternatives, we need to realize they already exist - we just have to start going.

Cartoon



Less mumbo jumbo



Worth mentioning

Bureaucrats at the federal energy watchdog are about to get a crash course in clear writing. The National Energy

Board has hired a consultant to give its staff plainlanguage training, new documents show.

The training will cost about \$155,000.

The energy board says the public will have an easier time understanding its reports and rulings if they're written in simple sentences.

The board has been reviewing offshore drilling rules since a rig exploded in the Gulf of Mexico and caused a catastrophic oil spill that tooks months to **Keep it simple**

"These three

small theatres

are all that's

left for film

care less about

who Bella

Cage's hair or

whatever the

hell a Miley

Cyrus is.



Documents obtained by The Canadian Press under the Access to Information Act show the board's vice chair took a plain-language course and thought the training could help her staff. The board has brought in Calgary-based Wordsmith Associates to give two-day courses, which will be held five

times a year for the next three years.

But one critic says Canadians shouldn't have to foot the bill for such a seemingly basic skill. "So, taxpayers, in effect, are paying to translate bureaucratese into English, or French per se?" said Kevin Gaudet, head of the Canadian Taxpayers Federation. "Great." THE CANADIAN PRESS

What superpower do you wish you had? Whv? **Email** calgaryletters @metronews.ca

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Metro Minute with Fubar II stars

If you're looking to see stars in the city, tonight at 6 might be the prime time to see them. Two of Calgary's famous sons are scheduled to make a red appearance for carpet FUBAR II.

The crowd is expected to be huge for the return of David Lawrence and Paul Spence when they launch their next metal-

head adventure, working the pipelines of Fort Mc-Murray. To catch a glimpse of the stars, hit the Plaza Theatre (1133 Kensington Rd. NW) before 6 p.m. to get a good spot.

It's all part of the Calgary International Film Festival, which started last week with the opening of Score: The Musical.

METRO CALGARY



The story behind Facebook's creation

Author Ben Mezrich's 'non-fiction thriller' explores how several Harvard students created a billiondollar social networking industry



American author Ben Mezrich recounts the birth of the world's biggest social network in the controversial book Accidental Billionaires: The Founding of Facebook, A Tale of Sex, Money, Genius and Betrayal.

students Two and friends, Mark Zuckerberg and Eduardo Saverin, wanted to meet girls and be accepted into the Harvard elite, so they started up a fledgling version of the now ubiquitous social network. The friendship ended up in court, and Saverin decided to tell his story to Mezrich. The book was adapted into a movie, The Social Net-work, that is coming out this Friday.

Mezrich spoke to Metro's Celia Pedroso.

Where did the idea for the book come from?

It started with an email I got from a college kid who was best friends with Eduardo Saverin. Eduardo wanted to tell me his story, about how he felt he had been betrayed by his best friend. I was fascinated by the drama of the youngest billionaire in the world, and what he had done to create Facebook. I was already on Facebook, and my wife uses it every day. I didn't know any-

thing about how it had been founded, or the drama surrounding these two best friends.

Did you use a lot of sources from inside Facebook?

I had many sources inside and out of Facebook. Many college kids who had been there when it was founded and many people who are in the book itself. It took about a year to research and write.

What surprises did your

investigation unearth?
I was surprised by how fast Facebook became this billion dollar company — and also how none of the characters central to the story really cared that much about getting rich. Mark (Zuckerberg) doesn't care about money, just about Facebook. It was amazing to see how these geeky college kids, who really just wanted to meet girls and be cool, managed to change the world.

Why did you decide to write it as a novel?

Actually, it isn't a novel, it's a nonfiction thriller — a genre that I am creating with my books, true stories written as if they were movies. This is my style — it upsets some journalists, especially here in the U.S., but I think it's a great way to tell a true story. The facts of the book are true, it's just written like a thriller.





Box Office



Movie fans are investing in Michael Douglas and Oliver Stone's Wall Street sequel. Wall Street: Money Never Sleeps debuted as the No. 1 weekend movie with \$19 million, leading a crop of so-so to weak newcomers.

The animated adventure Legend of the Guardians: The Owls of Ga'Hoole opened in second place with \$16.3 million. The mother-daughter comedy You Again debuted at No. 5 with \$8.3 million. THE ASSOCIATED PRESS





TLC documents the world of polygamy in Sister Wives.
Why one family is willing to welcome
cameras into its home

Big love, indeed



Big Love brought polygamy into the public conversation. Now TLC's new Sister Wives gives its practitioners a platform to have their say.

The docu-series revolves around a fundamentalist Mormon, Kody Brown, whose family in Utah includes three — soon to be four — wives and 13 chil-

dren

It airs Sunday nights.

"I felt like the secretiveness of the (polygamist) society has been a little bit dangerous for the society, as well as the public," Brown says of the practice. "This is part of our reason for essentially 'coming out' — it's a story that needs to be told."

The Browns' story is as much about the logistics of

running such a large household, as satiating the audience's curiosity about their lifestyle.

"Like every other American family, it just takes everything that we've got (to make it work)," says Christine, Kody's third wife.

The family's co-workers and kids' friends are aware of the Browns' practices (there is, technically, only



one legal marriage).

The clan lives in one home divided into three apartments, with Robyn, the impending fourth wife, currently living in a separate house (she also has three children with a former husband).

"We are strong person-

alities, believe me," says second wife, Janelle of her sister wives.

"We are raising these children who have all of this exposure to these strong, awesome women, and I think you will see that they have turned out beautifully."

And if you're wondering about any jealously amongst the women and their man, like in Big Love, there is a system for Kody to spend time with each wife.

"We just have a schedule. I'm actually still trying to figure it out," he jokes.

Intergalactic role of a lifetime

• Star Robert Carlyle doesn't feel pressure in taking on the Stargate Universe franchise • Says living in Vancouver, away from his family, is better helping him understand his character on the sci-fi series





Scottish actor Robert Carlyle has had long and successful life in film, including career-making roles in Trainspotting and The Full Monty. But since last year, he's been settling into a regular TV role on Stargate Universe, the third series in the popular Stargate franchise.

"It wasn't something that I went out to try to find. It was something that found me," Carlyle says of the career change. With the show's second season set to debut, Metro caught up with Carlyle in Vancouver on the SGU set.

How do you relate to your character?

It's interesting that the one thing that has helped me - the strange thing, sad as well — my family are home in the U.K. I'm on my own here in Vancouver. I don't really know too many people. I don't really go out at night, I'm not that kind of guy. I mean, of course, I'm not stuck up in a spaceship millions of miles away, but anything for an actor helps. And the sadness in my life at the moment, which is missing my family, is actually helping me in the role. (laughs)

You weren't a fan of science fiction?

Not that I'm not a fan, I

just don't really know it, you know? For instance, I've never seen Star Wars. I've never seen any of these films. Never interested me. But other types of science fiction — 2001 was just a classic film. I think the very first Alien film is a fantastic film, also. These are slightly different, I guess, from the norm. And I think this is what this is as well. It wouldn't do for me to be pressing buttons and blowing things up. I mean, anyone can do that. It's not my bag.

Is there anything you can tell us about the second season?

Can I give everything away? No, I can't. No, but

what I can say is the heart of the second season is the revelation that there is in fact a mission, that there always has been a mission, and it's never been about going home. I learned this expression in San Diego, at Comic-Con. It's called a "game-changer." It's a game-changer, episode eight.

Do you enjoy going to Com-

I've only been twice. I only went to San Diego last year and this year. That's enough for me. But I think it's fun. I was sitting with my wife having dinner on one of the main streets and a thousand zombies walked passed. You don't see that every day.



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For detailed centennial event listings and ticket information, visit **mtroyal.ca/100**

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A professional badass actress

◆ The Nikita star makes taking out bad guys look easy ◆ No, she isn't a kung fu master ◆ But she did learn from Jackie Chan



Kicking butt looks like second nature to Maggie Q, star of the spy drama reboot Nikita, in which she plays a government-trained assassin gone rogue. It's a trait that she picked up while working as an action star in Asia for nearly a decade (she was a student/model there when Jackie Chan trained her to star in films he was producing), but that doesn't mean perfecting killer moves has gotten easier.

"Because ... I'm half Asian, (people) immediately go, 'Oh, well, you do kung fu.' Like that's what we do. We wake up. We do kung fu. We brush our teeth. That's what we do," jokes the 31-year-old, who was raised in Hawaii. "So it's just assumed that you're not working your ass off to make this believable and make this something great. I've been doing it for long enough that I have a formulation."

"His team of guys trained me when I was very young. They broke me, basically, and sort of molded me."

MAGGIE Q ON LEARNING FROM LECKIE CHAN'S TRAINERS

la that works for me. But it certainly isn't something that I can close my eyes and do. Absolutely not."

On the contrary, the actress who insists on doing her own stunts admits she's "cracked and fractured a lot of different body parts" throughout her career. But that doesn't keep her from wanting to work at any pace less than full-throttle.

"When I was living and working in Asia, they did films sometimes in two weeks. So I actually realize now that I'm very used to (the fast pace of television), and I kind of enjoy getting (scenes) out of the way and saying, 'Let's move on. Let's do something cool again."

Scene in brief

Governor turns tables on SNL

NEW YORK. Mocked for years on Saturday Night Live, the governor of New York has appeared on the show to dish back.

Gov. David Paterson

came on Saturday night during the show's Weekend Update segment. He interrupted cast member Fred Armisen, who was in character as the governor. Armisen plays Paterson as a clueless blind man with a past of youthful drug use and womanizing.

Paterson joked that being governor is a lot like Saturday Night Live. He says "there are a lot of characters, it's funny for 10 minutes and then you just want it to be over."

Sketch tackles sticky issue

comedy. With the new season of Saturday Night Live comes a fresh batch of political satire — and Delaware Senate hopeful Christine O'Donnell is the

first target. The sketch portraying the tea party darling O'Donnell concerned about her speaking out against masturbation. The actress playing O'Donnell says she is no longer against masturbation and, in fact, masturbates constantly. She also says she once ran a dog fighting operation and burned down a house. The associated press



Lohan out of jail on \$300,000 bail

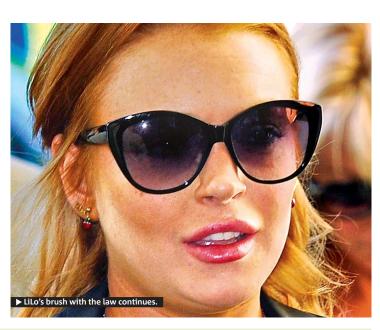
Actress to wear booze monitor

Once again, Lindsay Lohan didn't spend very long in

The troubled actress was taken into custody Friday for her parole-violating positive drug test, but just before midnight she posted \$300,000 bail and was released after the judge's denial of bail order was reversed, according to People maga-

Lohan is free until her next hearing on October 22, but she must once again wear an alcoholmonitoring anklet, and she also must stay out of any establishments where "alcohol is the chief item for sale.

David Beckham



Becks sues rag mag

David Beckham is suing In Touch Weekly for reporting that he had cheated on Victoria Beckham in 2007 with a prostitute, according to Hollyscoop. Irma Nici, who claims David slept with her five times three years ago, is also named in

the suit. The soccer star's lawyers insist the claims 'are completely untrue and totally ridiculous Sadly we live in a world where a magazine can print lies.

METRO

Talking points

Perry, Brand buy 'crash pad'

HOMEMAKERS. Ahead of their impending nuptials, Katy Perry and Russell Brand are snatching up some new property. The pair recently closed on a \$2.7 million two-bedroom penthouse apartment in lower Manhattan, according to the New York Post. Perry and Brand are reportedly calling the 1,500-squarefoot space their "crash pad" — and not a primary residence avoid New York income taxes METRO

Who's afraid of Bieber?

CANADIAN THREAT.

Though Justin Bieber has been taking some of their spotlight away, the Jonas Brothers aren't worried about the Canadian singer's increasing popularity. "I think there

is room for everybody," eldest brother Kevin Jonas says, according to Exposay. "We're not afraid of anything or worried about anything.

Celebrity tweets



Eliza Dushku [@elizadushku1 there's a



able to see her since her fall from grace :(





Perry [@katy perry] Wow, looks

like my play date with Elmo has been cut short!

Madge evades Kutcher query

RUMOURS. Madonna isn't interested in commenting on the rumours about marital problems between fellow Kabbalah devotees Demi Moore and Ashton Kutcher. A reporter asked about Kutcher's rumoured infidelity, but her longtime rep, Liz Rosenberg, chastizied the reporter with, "bad girl," according to Page Six. • metro







Who would you choose to be your race

@missferran Mantracker

@_psuedonymph MacGyver or James Bond

@Q BBQ Definitely someone who could drive stick. They always seem to need that at some point along the way. I for one, cannot,

@melissa_k_ryan I think I'd like to race with my brother :)

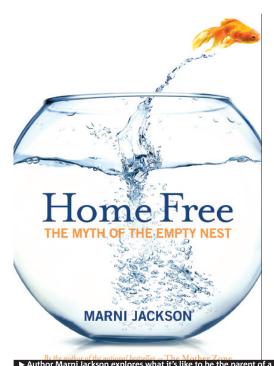


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Exploring the myth of the empty nest

When author Marni Jackson was writing Home Free, she was really astonished at the expectations she brought to her son's future

The author of one of Canada's early "mother-lit" books has returned to her old terrain, this time exploring the "push-pull" that takes place as parents watch their grown offspring head out into an increasingly complicated world.

The new memoir Home Free: The Myth of the Empty Nest by Marni Jackson serves as a followup to The Mother Zone, published in 1992 and dealing with the birth, toddler and early childhood years of son Casey

"The Mother Zone was about me surrendering to motherhood ... which is part of the joy, but I was busy being very independent, so that was difficult," Jackson said.

"Whereas, of course, this third act of family is about ... learning to un-mother, and it's about not doing "This third act of family is about ... learning to unmother, and it's about not doing things." MARNI JACKSON

things, and it's about zipping your lip and pulling back, and putting your focus on yourself and other things."

The much-talked-about boomerang generation —

kids returning to the empty nest — was the subject of a New York Times article about young people taking longer to reach adulthood.

Jackson said what happens in the family reflects economic, political and so-

cial forces.

"And I think that's what's happening now is a lot of this 20-somethings not growing up, of course, reflects the economy," she said. THE CANADIAN PRESS

Professionalization

- Jackson noted that parenting wasn't a common topic among writers when she wrote the first instalment, but now we're flooded with parenting books.
- What took place was a "professionalization of parenthood," she observed.
 "Partly I think that happened because a lot of
- happened because a lot of women who were determined to have careers and be full-time workers went 'wait a minute, I'm missing out on family."

life

Welcome

Disney memories online

Disney has launched a website with the sole purpose of showcasing photos, videos and other user-generated content from park visitors and fans. "We're inviting our quests to share their family memories online and in the parks. We're making them the centre of this campaign," said Tom Staggs, chairman of Walt Disney Parks and Resorts, at a New York event last week launching the site, Disney-Parks.com/Memories. Disney also plans to use content submitted by fans in TV ads, brochures, print ads and other marketing. THE CANADIAN PRESS

be |



1 in 5 gay or bisexual men has HIV and many don't know it: CDC study

Baby shower gifts for every mom-to-be

Buying a baby shower gift isn't always easy, especially if you're not a parent. These three useful and appropriate baby shower gifts are sure to be appreciated by any new or expectant parent.

Give the gift of diapers

Diapers may not be the fanciest baby shower gift, but it certainly may be one of the most useful. Why not dress up your diapers

by purchasing or making a diaper cake? Created to resemble a two or three layer cake, a diaper cake is decorated with an array of baby items including clothes, bibs, toys and baby skincare products. It's a good idea to include hypo allergenic diapers and skincare products, such as Pampers Sensitive Swaddlers and Sensitive Wipes, to ensure the products suit the baby's sensitive skin.



Give the gift of fun

You can never go wrong with books and toys. New moms will quickly appreciate the peace and quiet toys can bring once their baby begins to develop. Soft snuggly toys encourage touch, while mobiles and DVDs play on sight and sound.

Give the gift of preparation

Most parents will admit that there is nothing worse than being on an outing with your baby, when you realize you forgot something essential behind. Help parents deal with unexpected mishaps by assembling a travel kit for them. It can be as simple as a diaper bag with a few extra diapers, wipes, an extra outfit for the baby along with a few toys. Don't forget to throw in an extra

shirt for mom or dad.

More information on
Pampers Sensitive Swaddlers and Sensitive Wipes
can be found online at pampers.ca. NEWS CANADA

Yummy squash chowder

• Hearty butternut squash and scallop chowder a healthy choice

The term chowder usually brings to mind a steaming bowl of thick and chunky soup, often enriched with a generous amount of whole milk, or even cream.

It's that last part that can dishearten the diet-conscious diner. Soups and some stews can be a great way to fill up on low-calorie vegetables, proteins and liquid, leaving you satisfied without feeling stuffed. But too much cream, milk or sour cream can take the virtue right out of the meal.

Yet there are ways to have a creamy and healthful soup. For instance, consider starting with a base of puréed vegetables. Winter vegetables — such as butternut or buttercup squash, pumpkin or even sweet potatoes — can be roasted to intensify the flavours, then run through a food mill.

blender or food processor to make a velvety, creamy base.

Beans, puréed with a bit of broth or water, also make a thick, flavourful soup base. Use convenient canned beans, but be sure to rinse them under cold water to wash away some of the salt that is in the canning liquid.

Even tofu (the soft or silken variety) can be puréed to create a smooth and protein-rich foundation on which you can build a creamy soup with little fat and no dairy.

For this butternut squash and scallop chowder the secret to low-fat thickening comes from a snack food. Crumbled tortilla chips dissolve in the soup while it's cooking, adding plenty of body along with a layer of toasty corn flavour.

Jarred salsa is another secret to this satisfying



chowder, bringing with it pre-diced vegetables and spicy seasoning, which helps make it possible to get this meal on the table in under 30 minutes on a busy weeknight.

Plump bay scallops are called for here, but you can substitute chunks of almost any white fish and if you like, make the soup vegetarian by omitting the seafood altogether and upping the amount of diced squash.

Preparation:

In a large pot over medium-low heat, com-

bine squash, salsa, broth and tortilla chips. Bring to a simmer, cover pot and cook until squash is tender, 5 to 7 minutes.

2 Stir in corn, oregano and cumin. Return soup to a simmer, stir in scal-

Ingredients:

- 500 ml (2 cups) peeled and diced butternut or other winter squash
- 500 ml (2 cups) medium
- or hot tomato salsa
- 1 can (398 ml/14 oz) reduced-sodium chicken broth
- 75 ml (1/3 cup) crumbled reduced-fat corn tortilla chips
- 500 ml (2 cups) frozen corn kernels
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) ground
- 500 g (1 lb) bay scallops
- 15 ml (1 tbsp) lime juice
- Lime wedges, for squeezing

lops and cook until they are opaque at the centre, 2 to 3 minutes more.

3 Stir in lime juice. Serve with additional lime wedges for squeezing. Makes 4 servings
THE ASSOCIATED PRESS

get some.

(nutrients, that is.)

The second of the condition of the condi

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WET ALTERNATIVE TO DRY CLEANING

QUESTION:

How can I safely clean clothes labelled "dry clean only" to avoid toxic chemicals? Robin from Vancouver

he toxic chemical you are re-ferring to is perchloroethylene (or perc), and most dry cleaners use it as the primary cleaning solvent.

Unfortunately, perc is a carcinogen and respiratory irritant. Fumes from damp dry cleaning can contribute to indoor air evaporating pollution from your clothing.

So if you must use conventional dry cleaning, remove the plastic bag and hang clothes outside to speed up the evaporation of solvents. This will prevent off-gassing of chemicals into your home.

Many items can be hand-washed with eco-friendly soap and dried flat. There's also a new type of dry cleaning called wet cleaning that's better for the environment. Find a business that performs water-process dry cleaning or perc-free cleaning near you.



David Suzuki Foundation

Safe haven

Rare animals making a comeback thanks to breeding programs at zoos

When Przewalski horses galloped across Mongolia's Gobi desert in 1992, it was a sight that hadn't been seen since the 1960s.

That a few hundred of the world's only remaining true wild horses now roam their native Mongo-lia again is partly thanks to dedicated work by conservationists at zoos in several European countries.

"They are doing very," says Dr. Gerald Dick, director of The World Association of Zoos and Aquariums (WAZA) in Geneva. "This is an example where zoos have really made a difference."

He has co-written a book, Building a Future for Wildlife, highlighting 25 similar success stories where animals have made comebacks in their natural habitat thanks to breeding and reintroduction programs at zoos and aquariums around the world.

"Sometimes this is the

only option you have to save a species, at least for some time while you're hoping that nature will change," he says. "One of our main functions is to inform people."

Przewalski Horse

- The Przewalski horse, native to Mongolia, became extinct in the 1960s because of competition with livestock, overhunting and disease. It survived thanks to the capture and breeding of 13 horses.
- By the mid-'80s there were more than 1,000 horses kept in zoos and in 1992 reintroduction of the horses in Mongolia began. A group of captive born horses were carefully selected from different zoos and flown to the Gobi desert. In 1999 the first foals were born free.



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Art of the written word

Survey suggests handwritten notes mean more to employees than other forms of communication



Whenever my former boss wrote comments like "Good!" and "Nice work" on stories I edited, it had the same effect as a gold star in school: I felt proud and determined to do a good job again. I've kept her thoughtful handwritten birthday and Christ-mas cards; I can't say the same for equally lovely emails and e-cards.

Turns out I'm not the only one who feels this way. According to a recent survey commissioned by BIC, 61 per cent of Canadians believe receiving a personalized form of praise, such as a handwritten note, has more value than other forms of workplace communication.

"A note of recognition can produce an immediate and positive reaction and is a proactive way to appreciate employees," adds handwriting analyst and BIC spokesperson Elaine

Positive feedback is as important to future employees as it is to seasoned

"Each day at work, I receive 600 to 800 e-mails, and on occasion important messages are overlooked. When someone takes the time to write a note by hand and deliver it, I will pay much more attention to it."

CHAD MCALPINE

pros. University of Prince Edward Island undergrad Kristen Lockett received a confidence booster and valuable addition to her portfolio in the form of a note highlighting her personal strengths and the specific things that impressed the supervisor at her recent internship.

For Karin Vollmer, who has been teaching at the same Toronto-area high school for 10 years, kudos for extracurricular activities like producing a student talent show and organizing and fundraising for a class trip to Costa Rica have added to her job



"I love the acknowledgement, the fact that my principal takes the time to sit down and write a message about how I've touched people's lives," she says. "It makes me feel that I'm not going unnoticed."

Handwritten make good business sense for other reasons. In addition to recognizing team members, Chad McAlpine, RBC Capital Markets vicepresident, quantitative and global research, sends small holiday gifts with notes to those who have contributed to his fran-

communication 2.0

Looking for other ways to go that extra mile when communicating with managers and colleagues? Here are three tips from Options Personnel senior consultant Zoe Mandel, and

chise's growth. His inspirations? Business Notes: Writing Personal Notes that Build Professional Relationships by Florence Isaacs (\$18, Clarkson Potter), a guide to writing the perfect message to engage

career specialist and corporate trainer Colleen Clarke.

- 1. Provide testimonials for social networking sites like LinkedIn, says Mandel.
- 2. Compliment co-workers test and managers in front of each other, suggests

clients, deepen customer loyalty and more. Plus, personal experience: a year ago, his former bossturned client sent him a publication he thought McAlpine would enjoy, along with a note.

was a very nice

3. Improve your listening skills, Clarke advises. That means turning away from the computer when someone's speaking, making eye contact, leaning forward and actively listening.

touch, and I sent him a letter thanking him for thinking about me," says McAlpine.

Proof that even in the age of texting, e-mail and Twitter, a handwritten note remains a powerful communication tool.

Facebook dominating the world



Timing couldn't be more aplomb for this review given the release this week of the highly anticipated film The Social Network. David Kirkpatrick details the insanely fascinating birth of Facebook.com. Originally called TheFaceBook — apt-ly named after the Harvard Freshman Register, which

The Facebook Effect Author: David Kirkpatrick Publisher: Simon & Schus-

ter, 335 pages Cost: \$34.00

published images of the incoming Frosh and of course the birth campus of the site — it was actually the second incarnation of a site CEO Mark Zuckerberg developed called Facemash. The first site

was a Hot or Not style website for Harvard students to rate who the hottest students on campus were ... it was short lived and almost resulted in Zuckerberg being suspended.

The facts alone are insane, and even more so when you consider that this book was just published in June 2010 and described Facebook as the second most visited website after Google. But just

Facebook week. usurped Google for most "time spent" online.

The original foursome which included Zuckerberg, Dustin Moskovitz, Chris Hughes and Eduardo Saverin — were devoted to the project, consumed with the ideal of changing the world, not with making money. Their dedication was so ingrained, aggressive even, which was marked by the kind of lan-

guage they used in the midst of their almost continuous, silent (instant message only) programming marathons ... words like Lock down and Dominate, referring to their ambitions to take on their competition. Its no wonder Mark Zuckerberg's corporate profile describes him as "Founder, Master, and Commander, Enemy of the State." Facebook is our world, and its impact is

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constantly being seen politically and locally - and of course in business.







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How to use social media to get ahead

◆ Allows for active communication in the classroom ◆ Can also help students, employers connect



Social media can help you make friends, but can it help you get a degree, or even a job?

Experts say "Yes," as long as you clean up your act first.

Beyond offering fun

"The value of social media at school comes from a number of things increased connectedness. building reputation, building presence and going outside of the boundaries of what's normal in the classroom. This medium is beyond social — when you have a good idea, the whole world can see it" DAVID VOGT

ways to keep in touch, online sites like Facebook, LinkedIn or ePortfolio.org hold a lot of potential for sharing ideas beyond the classroom and connecting you to employers.

Tim Richardson, a professor of e-commerce who teaches at the University of Toronto, uses social media sites like YouTube as a direct part his classes, and he encourages students to showcase the work they're proud of — like research presentations — online.

He says social media can impact the classroom in a positive way because it often allows for active communication.

"Learning is not just about how we teach the course but it's about students teaching themselves. True communication is twoway, people have to be able to listen and respond to your ideas," Richardson said.

David Vogt, director of digital learning projects at the University of British Columbia's Faculty of Education, suggests the self-



publishing aspects of social media can act as a kind of electronic resume but students also need to take command of their online image lest they reveal things that could harm their reputation.

"You have to think about managing your presence online and make sure there's not a bunch of embarrassing stuff out there about you. You also want to provide really accurate demonstrations of how you work. Think of anything you've done as resume material

social media tips

Electronic portfolio sites like ePortfolio.org or LinkedIn can be a great way to put your best foot forward, but only if you keep them updated regularly. Always put your most recent, best work first and make sure all your posted information is current.

everything digital about yourself you can aggregate," Vogt said.

Of course, online life

- Consider creating and posting a video resume that shows off your personality, professional appearance and communication skills
- Pick one of the social media sites you use to be your primary page, that way it'll be easier to control what gets revealed about you.

can have its pitfalls — particularly those of the selfinflicted variety. The simple truth of the digital age is that if you put something into the public sphere, it can exist essentially forever, so make sure that any personal information you place online is of the kind that won't come back to haunt

"Be careful about privacy issues and remember that screen captures can live forever. When you're posting something and your 21, you don't want future employers, boyfriends or children ask-

boyfriends or children asking about it years down the road," Richardson said.

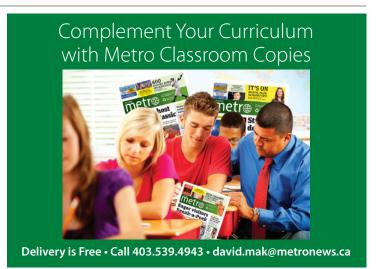


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When parents learn to let go

While post-secondary students adapt to life on their own, some parents can be overwhelmed by the change



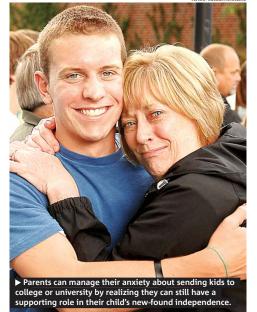
University is often a time when parents struggle to cut the cord and students struggle to embrace their new independence — it's no surprise the whole event can get as messy as a freshman's dorm room.

Coping with independence is something all adults have to learn and the tumult of university can muddy up the waters even more by throwing grades and money into the mix.

Once a son or daughter is older than 18, their parents' only access to the details of their education—courtesy of the Freedom of Information and Protection of Privacy Act—comes from what they share personally, which is why it's important to keep a good relationship going.

Brenda Bradstreet, Canadian author of the independence manual Going Solo, says parents can manage their anxiety by first realizing that letting go is healthy and they can still have a supporting role in their child's new-found independence.

"The whole process can be very overwhelming — all of a sudden the house is empty. You have to keep yourself busy and keep your own life more active and social. If parents feel that their kids are prepared then I think it's easi-



er to let go," Bradstreet said.

For students branching out on their own, often for the first time, the pressures and responsibilities of independence can be a bit scary — that's why guidance and counselling services exist on all campuses for all students to make use of.

"Know yourself and don't be afraid to think for yourself. Trust in your independence and make use of the resources that are available," Bradstreet said. Glen Weppler, director of student community life at Ryerson University, says extracurricular activities are crucial to learning independence. "One of the best ways

"One of the best ways for students to move towards more independence is to get involved at school. You can volunteer, you can join a club, the list goes on but make sure you do more than just come to campus and attend class. You will be a more successful student for it," Weppler said.

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Cowboys score their first win

Romo throws for two TDS, Barber runs for another against cross-state rivals



The Dallas Cowboys can breathe a little easier — and even smile again.

At least for now.

Tony Romo threw two touchdown passes to Roy Williams, Marion Barber ran for another score, and the Cowboys got their first win by beating the Houston Texans 27-13 yesterday.

Romo went 23 for 30 for 284 yards, Williams caught five passes for 117 yards and the Cowboys (1-2) finally put together a complete performance after starting 0-2 for the first time since 2001.

Owner Jerry Jones feared the prospect of a humiliating 0-3 start, and having an extra week to stew over it before his team hosts Tennessee on Oct. 10.

"We were going to really



be in bad trouble had we lost this ballgame," Jones said. "Candidly, I was worried about going home and facing five weeks without a win. First five weeks in the NFL without a win; there are all kinds of horror stories."

Coach Wade Phillips said he was losing sleep over the Cowboys' bad start, although Jones said last week that Phillips' job was safe. Now, Dallas heads into an early bye with a vic-

tory to build on rather than concerns about what changes the team's unpredictable owner might want to make.

"The thing about this league is you either feel good or feel bad after Sunday," Phillips said. "We feel good right now. Our team came out and showed the way we can play. The little things that were missing in the first couple of games, I think we came through with. We played solid all

the way around."

The announced crowd was 71,456, a record for a Texans game at Reliant Stadium. Dallas supporters were well-represented and taunted the hometown fans with the "Let's Go, Cowboys!" chant in the waning minutes.

The Cowboys became the second NFL team since the merger to reach 400 wins, joining the Pittsburgh Steelers.

THE ASSOCIATED PRESS

D for Dallas

- The Cowboys' defence emerged after two dull efforts, getting its first three takeaways and holding Houston's top-ranked offence to 340 yards.
- ➤ DeMarcus Ware sacked Matt Schaub three times, and the Dallas secondary limited the Texans' star receiver Andre Johnson to four catches for 64 yards.



Quoted



"The men just really battled. We got behind and dug ourselves in a hole again and we just came roaring back."

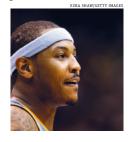
SASKATCHEWAN
ROUGHRIDERS COACH KEN
MILLER FOLLOWING HIS
CLUB'S COMEBACK 32-25
VICTORY OVER THE
HAMILTON TIGER-CATS ON
SATURDAY.

Anthony-to-Nets trade on hold

The New Jersey Nets' attempt to acquire Carmelo Anthony is in a holding pattern.

A person close to the trade talks told The Associated Press yesterday that the Nets are waiting for the Nuggets to sign off on a deal that would bring Anthony to New Jersey and also involve Charlotte and Utah. The person spoke on condition of anonymity because the negotiations were ongoing.

While he couldn't talk directly about Anthony, Nets general manager Billy King acknowledged he had



been working on a trade.

"I would say that we're exploring everything," King said yesterday. "But there's no deal. We have nothing. We're excited about the guys playing. I'll

continue to explore and see if we can make the team better. At this point I'm excited about watching our guys practice.

"I'll continue to work the phones. It's going to be a methodical process whether we do a deal now or six months from now or next year. But there is nothing."

nothing."
King admitted there was a sense of frustration in trying to make a big deal happen.

pen.

"It's a process," he said.

"Anytime I made a trade it's a process. Some of them take two years to get

to the point when you get the player you want. Some take two weeks. I think you've got to make sure you do it and do it the right way."

The person who spoke to The AP indicated New Jersey would ship Derrick Favours, the No. 3 pick overall in the draft, and at least one first-round pick to the Nuggets for Anthony. New Jersey would also send point guard Devin Harris to Charlotte. There were other pieces to the trade that the person wouldn't discuss

THE ASSOCIATED PRESS



MLB

AMERICAN LE	AGU	E							
EAST DIVISION									
Tampa Bay New York Boston Toronto Baltimore	93 93 86 80 61	62 63 69 75 94	Pct .600 .596 .555 .516 .394	GB - - 1/2 7 13 32	WCGB - 6 ¹ / ₂ 12 ¹ / ₂ 31 ¹ / ₂	5-5 5-5 5-5 7-3 4-6	Str L-1 W-1 L-1 W-4 L-4	Home 48-30 52-29 44-34 44-34 34-43	45-3 41-3 42-3 36-4 27-5
CENTRAL DIVIS	ION								
x-Minnesota Chicago Detroit Cleveland Kansas City	92 83 80 65 63	63 72 75 91 92	Pct .594 .535 .516 .417 .406	GB - 9 12 27 ¹ / ₂ 29	9 ¹ / ₂ 12 ¹ / ₂ 28 29 ¹ / ₂	5-5 4-6 8-2 5-5 3-7	Str L-3 W-4 W-4 W-3 L-3	Home 52-25 40-34 52-29 35-43 34-40	40-3 43-3 28-4 30-4 29-5
WEST DIVISION									
x-Texas Oakland Los Angeles Seattle	W 87 77 75 59	68 78 80 96	Pct .561 .497 .484 .381	GB - 10 12 28	WCGB 15 ¹ / ₂ 17 ¹ / ₂ 33 ¹ / ₂	5-5 5-5 4-6 4-6	Str W-3 L-3 L-4 W-1	Home 48-26 47-34 40-38 35-42	39-4 30-4 35-4 24-5
NATIONAL LE	AGU	E							
EAST DIVISION									
z-Philadelphia Atlanta Florida New York Washington	93 87 77 76 67	63 69 78 79 89	Pct .596 .558 .497 .490 .429	GB - 6 15 ¹ / ₂ 16 ¹ / ₂ 26	WCGB	8-2 4-6 4-6 4-6 5-5	Str L-2 L-1 L-1 W-2 W-1	Home 52-29 52-23 38-39 44-30 40-38	Awa 41-3 35-4 39-3 32-4 27-5
CENTRAL DIVIS	ION								
Cincinnati St. Louis Houston Milwaukee Chicago Pittsburgh	87 80 74 73 70 55	69 75 82 82 85 100	Pct .558 .516 .474 .471 .452 .355	GB - 6 ¹ / ₂ 13 13 ¹ / ₂ 16 ¹ / ₂ 31 ¹ / ₂	WCGB 7 13 ¹ / ₂ 14 17 32	4-6 5-5 4-6 6-4 6-4 7-3	Str W-1 W-1 L-2 W-1 L-1 W-2	Home 45-30 46-28 41-37 40-41 35-46 40-41	Awa 42-3 34-4 33-4 33-4 35-3 15-5
WEST DIVISION									
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NATIONAL LEAGUE

Yesterday's results Washington 4 Atlanta 2 Pittsburgh 9 Houston 3 N.Y. Mets 7 Philadelphia 3

Milwaukee 7 Florida 1

St. Louis 8 Chicago Cubs 7

Cincinnati 12 San Diego 2

Arizona 5 L.A. Dodgers 4

Arizona 5 L.A. Dodgers 4
Saturday's results
Atlanta 5 Washington 0
Chicago Cubs 7 St. Louis 3
San Diego 4 Cincinnati 3
Pittsburgh 6 Houston 4
N.Y. Mets 5 Philadelphia 2
Florida 4 Milwaukee 0
Arizona 5 L.A. Dodgers 2

Arizona 5 L.A. Dodgers 2

Tonight's games

4-8), 8:15 p.m.

19-7), 8:40 p.m.

(Stauffer 5-4), 10:05 p.m.

NATIONAL LEAGUE

(All times Eastern)

Colorado 10 San Francisco 9 (10 ings.)

Philadelphia (Halladay 20-10) at Washington

(Lannan 8-7), 7:05 p.m. Florida (Sanabia 5-3) at Atlanta (Hanson 10-

Til), 7:10 p.m.
Milwaukee (Bush 7-13) at N.Y. Mets (Pelfrey 15-9), 7:10 p.m.
Pittsburgh (Morton 2-11) at St. Louis (Lohse

L.A. Dodgers (Lilly 8-12) at Colorado (Jimenez

Chicago Cubs (Zambrano 9-6) at San Diego

San Francisco 4 Colorado 2

AMERICAN LEAGUE

Yesterday's results Toronto 5 Baltimore 2 Cleveland 5 Kansas City 3 Detroit 5 Minnesota 1 Seattle 6 Tampa Bay 2 Chicago White Sox 4 L.A. Angels 3 Texas 16 Oakland 9 N.Y. Yankees 4 Boston 3 (10 ings.) Saturday's results Toronto 5 Baltimore 4 (11 ings.) Toronto 5 Baltimore 4 (11 ings.) Texas 4 Oakland 3 Boston 7 N.Y. Yankees 3 Cleveland 7 Kansas City 1 Detroit 11 Minnesota 10 (13 ings.) Tampa Bay 9 Seattle 1 Chicago White Sox 6 L.A. Angels 2 Tonight's campse

Tonight's games (All times Eastern)

Detroit (Galarraga 4-7) at Cleveland (C.Carras-Detroit (salarraga 4-7) at Cleveland (C.Carras-co 1-1), 7:05 p.m. N.Y. Yankees (A.J. Burnett 10-14) at Toronto (Rzepczynski 2-4), 7:07 p.m. Baltimore (Matusz 8-12) at Tampa Bay (W.Davis 12-9), 7:10 p.m. Seattle (Pauley 3-8) at Texas (C.Wilson 14-7),

Sox (Buehrle 12-12), 8:10 p.m. Minnesota (Slowey 13-6) at Kansas City (Davies 8-11), 8:10 p.m. Oakland (Bre.Anderson 6-6) at L.A. Angels (E.Santana 17-9), 10:05 p.m.

WILD CARD

V	V	L	Pct	GB		W	L	Pct	GE
					San Diego	87	68	.561	
IY Yankees 9.	3 (63	.596	-	Atlanta	87	69	.558	0.5
					Colorado	83	72	.535	4.0
Roston 8	6 (69	.555	6.5	St. Louis	80	75	.516	7.0

AMERICAN LEAGUE

BLUE JA	YS	5 5	,	0	RIOLES 2			
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BRorts 2b	5	0	0	0	Snider If	3	1	1 0
Markks rf	4	0	0	0	A.Hill 2b	4	0	0 0
Wggntn 1b	3	1	1	0	McCoy 2b	0	0	0 0
Scott dh	2	0	1	0	JBautst rf	2	1	0 0
Pie If	4	0	0	0	V.Wells cf	4	0	1 1
AdJons cf	4	1	3	1	Overay 1b	4	0	1 1
Wieters c	3	0	0	1	J.Buck c	3	2	2 0
Andino 3b	4	0	1	0	Lind dh	4	1	3 0
CIzturs ss	4	0	1	0	Encrnc 3b	3	0	0 0
JMcDnl ss	2	0	1	3				
Totals	33	2	7	2	Totals	29	5	95
Baltimore					010 000	010		2

Battimore 010 000 010 2 Toronto 111 002 00x 5 E-VandenHurk (1), J.Buck (4), DP-Baltimore 2, LOB-Baltimore 8, Toronto 5, 2B-Overbay (35), Lind (31), SEP-AdJones (6), Snider (6). SF-Wieters, Jo.McDonald.

	IP	Н	R	ER	BB	S0
Baltimore						
VandenHurk L,0-1	4	4	3	3	2	5
Simon	1-3	0	0	0	0	0
Albers	12-3	3	2	2	0	1
Da.Hernandez	2	2	0	0	0	0
Toronto						
Marcum W,13-8	7	4	1	0	2	7
Camp	2-3	3	1	1	0	0
Frasor S,4-8	11-3	0	0	0	0	1
T-2:48 A-17 83	1 (49 5	39)	at To	oronto	n	

SOCCER

MLS

Saturday's results
San Jose 3 Toronto FC 2
Philadelphia 3 Chivas USA 0
Houston 3 D.C. United 1
New England 2 Columbus 2
Seattle FC 1 Chicago 0
FC Dallas 3 Yapase (thu) FC Dallas 3 Kansas City 1 Real Salt Lake 1 Colorado 1 Wednesday's games (All times Eastern) Philadelphia at Colorado, 9 p.m. Chicago at San Jose, 11 p.m.

ENGLAND

PREMIER LEAGUE

Yesterday's results Bolton 2 Manchester United 2 Wolverhampton 1 Aston Villa 2 Newcastle 1 Stoke 2

GERMANY

RUNDESLIGA

Yesterday's results Kaiserslautern 0 Hannover 1 Wolfsburg 2 Freiburg 1

ITALY

SERIE A

Yesterday's results Bari 2 Brescia 1 Catania 1 Bologna 1 Cesena 1 Napoli 4 Chievo Verona O Lazio 1 Fiorentina 2 Parma 0 Juventus 4 Cagliari 2 Palermo 2 Lecce 2 Sampdoria 0 Udinese 0

SCOTLAND

PREMIER LEAGUE **Yesterday's result** Aberdeen 2 Rangers 3

SPAIN

LA LIGA

Yesterday's results Atletico Madrid 1 Zaragoza 0 Deportivo La Coruna 0 Almeria 2 Espanyol 1 Osasuna 0 rcules 2 Sevilla 0 Mallorca 2 Real Sociedad 0

Racing Santander 0 Getafe 1

NHL

PRE-SEASON

Yesterday's results Detroit 5 N.Y. Rangers 3 Montreal 4 Minnesota 3 Edmonton 8 Vancouver 2 St. Louis 2 Colorado 0 Tonight's games
(All times Eastern)
Buffalo at Toronto, 7 p.m.
Florida at Montreal, 7:30 p.m.

Atlanta at Nashville, 8 p.m. Tomorrow's games Buffalo vs. Ottawa (at Dundas, Ont.), 7 p.m.

Philadelphia at New Jersey, 7 p.m. Philadelphia at New Jersey, / p.m. Boston at Washington, 7 p.m. Chicago at Pittsburgh, 7 p.m. Minnesota at Columbus, 7 p.m. Dallas at Colorado, 9 p.m. Phoenix at Calgary, 9 p.m. San Jose at Vancouver, 10 p.m. Anaheim at Los Angeles, 10:30 p.m.

CANADIENS 4, WILD 3

First Period
1. Montreal, Engqvist 1 (Schultz) 9:49
2. Minnesota, Clutterbuck 1 (Zidlicky, Mietti-

2. Minnesota, Clutterbuck 1 (Zidlicky, Mietti-nen) 12:12 Penalties — Zidlicky Min (interference) 12:41, Engqvist Mtl (slashing) 15:37, Kobasew Min (high-sticking) 19:46. Second Period

3. Montreal, White 1 (Picard, Gomez) 6:23 Montreal, Boyd 2 (Pacioretty, Nash) 6:57
 Montreal, Nash 1 (Pacioretty, Carle) 8:02 Penalties — Henry Mtl. Kalus Min (fighting) Penalties — Henry Mtl, Kalus Min (fighting) 2-57, Schultz Mtl, Bagnall Min (fighting) 3-26, Peters Min (holding) 4:08, Gillies (high-stick-ing) 15:01, Stoner Min (tripping) 15:53, Zidlicky Min (tripping) 17:11, Henry Mtl (inter-ference) 19:35. Third Period 6. Minnesota, Falk 113:21 7. Minnesota, Brodziak 1 (Miettinen, Laten-dresca) 19:47.

dresse) 19:47

Penalty — Subban Mtl (roughing) 9:10. Shots on goal by 13 9 6 4 1 9 Minnesota

Goal — Montreal: Auld (W); Minnesota: Khudobin (L) Power plays (goals-chances) — Montreal: 0-6; Minnesota: 0-3. Attendance — 21,273 at Minneapolis.

OILERS 8, CANUCKS 2

First Period

1. Edmonton, Eberle 1 (Whitney) 2:00 (pp)

2. Edmonton, Penner 1 (Vandermeer, Omark)

4:46 (pp)

3. Vancouver, Malholtra 1 (Torres, Sweatt)

6:28

6:28
4. Edmonton, Horcoff 1 (Eberle) 6:44
5. Edmonton, Eberle 2 (Horcoff, Hall) 16:40
Penalties — Morrision Vcr (hooking) 1:03,
Kesler Vcr (hooking) 3:06, Hordichuk Vcr
(roughing) 7:20, Volpatti Vcr, Strudwick Edm
(finblin) 7:20, Volpatti Vcr, Strudwick Edm Second Period

Edmonton, Vande Velde 2 (Hartikainen, Petry) 4:45

7. Vancouver, Kesler 1 (Raymond) 17:56 7. Valicouver, Kesler 1 (Kaymono) 17:39 Penalties – Brule Edm (tripping) 202, Hordichuk Vcr, Stortini Edm (fighting) 45:7, Whitney Edm (slashing) 5:24, Rome Vcr (hold-ing) 8:45, Strudwick Edm (holding) 11:53, Samuelsson Vcr (slashing) 12:47, Brule Edm (roughing) 12:47, Hordichuk Vcr (interference) 15:03.

Third Period

8. Edmonton, Horcoff 2 (Vandermeer, Hall)

0.49
9. Edmonton, Omark 1 (Motin, Brule) 1:28
10. Edmonton, Penner 2 (Brule, Omark) 14:19
Penalties — Vandermeer Edm (cross-checking) 8:54, Sweatt Vcr (interference) 11:43.

Shots on goal by 6 12 10 15 6 12 28 33

Referees — Brad Meier, Brian Pochmara. Linesmen — Vaughan Rody, Mark Wheler.
Attendance — 16,839 (16,839) at Edmonton.

NFL

WEEK 3

AMERICAN CONFERENCE

	W	L	T	Pct	PF	F
N.Y. Jets	2	1	0	.667	68	
Miami	2	1	0	.667	52	
New England	2	1	0	.667	90	1
Buffalo	0	3	0	.000	47	
SOUTH						
Houston	2	1	0	.667	77	
Indianapolis	2	1	0	.667	89	
Tennessee	2	1	0	.667	78	
Jacksonville	1	2	0	.333	40	
NORTH						
Pittsburgh	3	0	0	1.000	72	- :
Cincinnati	2	1	0	.667	59	-
Baltimore	2	1	0	.667	44	
Cleveland	0	3	0	.000	45	
WEST						
Kansas City	3	0	0	1.000	68	
San Diego	1	2	0	.333	72	
Denver	1	2	0	.333	61	
Oakland	1	2	0	.333	52	
	-	-				

NATIONAL CONFERENCE

EAST						
Philadelphia Washington Dallas N.Y. Giants	W 2 1 1	L 1 2 2 2	0 0 0 0	Pct .667 .333 .333 .333	PF 83 56 54 55	62 62 63 53
SOUTH						
Atlanta New Orleans Tampa Bay Carolina	2 2 2 0	1 1 1 3	0 0 0	.667 .667 .667	77 63 50 32	58 59 71
NORTH						
Chicago Green Bay Minnesota Detroit	2 2 1 0	0 0 2 3	0 0 0	1.000 1.000 .333 .000	46 61 43 56	38 38 78

WEST Seattle Arizona .667 .667 .333

St. Louis 1 2 0 3.3 0 .0 Vesterday's results Atlanta 27 New Orleans 24 (OT) Baltimore 24 Cleveland 17 Cincinnati 20 Carolina 7 Cincinnati 20 Carolina 7 Ca St. Louis 30 Washington 16 Philadelphia 28 Jacksonville 3 Seattle 27 San Diego 20 Arizona 24 Oakland 23

Indianapolis 27 Denver 13 N.Y. Jets 31 Miami 23 Tonight's game Green Bay at Chicago, 8:30 p.m.

CFL

WEEK 13 EAST DIVISION

x-Montreal	12	9	3	0	388 290	18
Hamilton	12	6	6	0	295 318	12
Toronto	12	6	6	0	243 317	12
Winnipeg	12	3	9	0	331 333	6
WEST DIVISION	NC					
Calgary	12	9		0	406 274	18
Saskatchewan	12	8	4	0	353 329	16
B.C.	12	4	8	0	308 305	8
Edmonton	12	3	9	0	224 378	6
x — clinched play	off be	rth.				

GP W I T PF PA PI

x — clinched playoff ber Yesterday's result At Moncton, N.B. Edmonton 24 Toronto 6 Saturday's results B.C. 29 Glagary 10

Saskatchewan 32 Hamilton 25 Friday's result Montreal 44 Winnipeg 40

GOLF

TOUR CHAMPIONSHIP

Par 70 Final Round

ma Rouna	
Jim Furyk, \$1,350,000	67-65-70-70-27
Luke Donald, \$810,000	66-66-71-70-27
Retief Goosen, \$517,500	71-66-66-71-27
Nick Watney, \$330,000	71-74-63-67-27
Paul Casey, \$330,000	66-71-69-69-27
Charley Hoffman, \$270,000	71-67-69-70-27
Ernie Els, \$247,500	71-71-71-65-27
K.J. Choi, \$247,500	68-68-74-68-27
Zach Johnson, \$208,125	74-72-66-67-27
Camilo Villegas, \$208,125	73-69-68-69-27
Ryan Moore, \$208,125	70-72-68-69-27
Kevin Streelman, \$208,125	70-70-69-70-27
Tim Clark, \$178,500	70-73-70-67-28
Geoff Ogilvy, \$178,500	66-67-72-75-28
Justin Rose, \$162,000	74-68-72-67-28
Hunter Mahan, \$162,000	69-71-73-68-28
Ben Crane, \$147,000	71-69-76-66-28
Robert Allenby, \$147,000	71-70-71-70-28
Bubba Watson, \$147,000	75-69-67-71-28
Jason Day, \$147,000	69-69-71-73-28
Kevin Na, \$147,000	69-68-69-76-28
Dustin Johnson, \$136,500	73-71-73-66-28
Phil Mickelson, \$136,500	69-72-68-74-28
Bo Van Pelt, \$132,000	74-69-69-72-28
Matt Kuchar, \$127,500	72-70-72-71-28
Steve Stricker, \$127,500	74-68-68-75-28
Adam Scott, \$124,500	74-71-69-74-28
Ryan Palmer, \$123,000	74-72-73-70-28
Jeff Overton, \$121,500	75-70-73-73-29
	75 70 74 70 00

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

CLEVELAND INDIANS—Acquired OF Preston Mattingly from the L.A. Dodgers for OF Ro-

HOCKEY

CAROLINA HURRICANES—Assigned F Jon Matsumoto, F Riley Nash, F Jerome Samson, F Jared Staal and D Bryan Rodney to Charlotte

(AHL).
CHICAGO BLACKHAWKS—Assigned F Chris DiDomenico and D Shawn Lalonde to Rockford

COLUMBUS BLUE JACKETS—Assigned F Kyle Neuber, F Chris Francis, F Tyler Murovich, D

Neuber, F. Chris Francis, F. Iyler Murovich, D. Michael Ratchuk and D Dalton Prout to Spring-field (AHL).
COLORADO AVALANCHE—Reassigned G. John Grahame, G. Jason Bacashihua, D. Cameron
Gaunce and RW Luke Walker to Lake Erie
(AHL). Reassigned D. Stefan Elliott to Saska-tono (WHL).

MONTREAL CANADIENS—D Mathieu Dande

nault announced his retirement. ST. LOUIS BLUES—Assigned D Daryl Boyle, D ST. LOUIS BLUES—Assigned D Daryl Boyle, D Mark Cundari, Fanthony Peluso, P Philip McRae, F Anthony Nigro, F Tyler Shattock, F Stefan Della Rovere, G Jake Allen and G Gerald Coleman to Peoria (AHL), Assiged D Brett Ponich to Portland (WHL), D David Shields to Erric (OHL), F Cody Beach to Calgary (WHL), F Stephen MacAulay to Saint John (QM/HL) and F Chris DeSous to London (OHL). PITTSBURGH PENGUINS—Assigned G Mattas Modifie by Wilkeen-Rarve, Froathon (AHL). tias Modig to Wilkes-Barre/Scranton (AHL).

TAMPA BAY LIGHTNING—Assigned F Mike Angelidis, D Mark Barberio, F Alex Berry, F Mitch Fadden, F Mitch Fritz, F Stefano Giliati, Mitch Fadden, F Mitch Fritz, F Stefano Giliati, D Radko Gudas, F Alex Hutchings, D Scott Jackson, G Jaroslav Janus, F Blair Jones, D Vladimir Mihalik, F Niklas Persson, D Kevin Quick, F Juraj Simek, F Paul Szczechura, G Dustin Tokarski, D Ty Wishart and F James Wright to Norfolk (AHL), Released F Matt For-nataro and F Tim Marks.

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Crossword

Across 1 Victories 5 Exist 8 Grate 12 Baldness 14 Always 15 Head of state? 16 Dossier 17 Travail 18 So all can hear 20 Donkeys 23 Intimidates 24 Storage structure 25 Glasses with stems 28 28 Crone 29 Israel politico Shimon 30 Ram's mate 32 Special boys 34 Throb 35 Unctuous 36 That certain something 37 Tenor Enrico 40 America's uncle 41 Addict 42 A driver tries to hit 47 Rod attachment

50 Baseballer's topper 51 Go by bus Down 1 Joker 2 UN agency

49 "— and the Tramp"

48 Sort of

3 Oct. follower 4 Gushed forth 5 Dermatologist's case 6 Carnival city 7 Oft-pierced body

parts 8 Just say no to 9 Eager

14 12 13 16 15 19 18 20 21 23 24 25 26 30 29 31 32 33 35 36 38 40 37 139 41 42 43 45 46 47 48 49 50 51

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М	0	L	Α	R		0	С	Η	0			
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L	Ε	Ν		Α	Ρ	Ε	R	Υ		Ε	Ν	D
D	R	Ε	S	s	Α	G	Ε		Ρ	Α	G	Е
			0	Κ	R	Α		В	Т	D	Е	N
J	Ε	Α	Ν	S			F	U	Ε	L		
E	Α	R	Ν		Н	Е	Α	D	R	0	0	М
T	R	Е	Ε		Α	М	Τ	D		С	J	Е
S	L	Α	Т		D	U	L	Υ		K	T	Х

Sudoku

		8		7		3	2	
9	3		6				5	
		4			1			
		2		8				
8		6				1		4
				9		5		
			9			2		
	1				7		3	8
	4	5		6		7		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

			7					
5	3	9	4	8	6	1	7	2
6	7	4	2	1	5	8	3	9
8	1	2	9	3	7	6	4	5
1	2	5	8	7	3	4	9	6

9 4 3 6 2 1 5 8 7

3 5 1 7 6 8 9 2 4

8 3 9 4

4 9 7

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Stef, thank you for all your love and support, you truly are the best friend ever!

Hey Babycakes, Salgirah mubarak! I love you! I wish you the best birthday and want all your wishes to come true! LOVE, BABES

Randal, After our first dance you asked me what I was doing the rest of my life. 3 years later we are still "in the fog". Happy Anniversary honey! I love you so much. TAMMY

Want to make sure that everyone is gona have a good week. Want everyone to have a good time this week and have fun. Jes, Sab, RAS, Nicole, Verd, Ebi, Eva and others. CARLOS

36 Lummoxes

38 Between ports

40 Reply to a masher

45 1960s hallucinogen

46 Sheltered side

39 Oboe insert

43 - budget

44 Blackbird

37 Ringlet

look at the w

TODAY Min 7° Max 24°

TUESDAY Min 10° Max 22°

WEDNESDAY Min 5° Max 18

Andrew Schultz,

7 5

1 5 2 3 6 8

Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

10 Vend

11 Quarry

13 Love god

19 Hooters

20 Blond shade

21 Carpet type

22 Lily variety

23 Hackneyed

science

26 Abound

27 Trade

25 Based on earth

29 Omegas' preceders

31 Biblical verb suffix

33 With sullenness

34 Wartime plane

T Aries March 21-April 20 You will gobble up work and routine matters today but there is also a danger that you will take on too much and restrict the time you have available for other interests.

¥ Taurus April 21-May 21 No target is beyond your reach but you must be clear in your mind what it is you are aiming

II Gemini May 22-June 21 You may be finding it difficult to persuade people to do things for you at the moment but that will alter when Mercury, your ruler, changes signs next weekend.

Gancer June 22-July 22 You may find it hard to keep your

mouth shut today, even though you know that you should. Make it your business to put them straight.

Ω Leo July 23-Aug.23 Something will happen today that makes you realize that, while it's good to be generous, you need to be mindful of who you choose to help out. Not everyone deserves a helping hand

TV Virgo Aug. 24- Sept. 22 It's never too late to start something new and while Mercury, your ruler, remains in your sign you will get every opportunity to get a creative dream off the ground. That gives you about six days to get serious about it.

← Libra Sept. 23-Oct. 23 If you

need to ask someone a favor do so today while the planets are aligned in your favor. If you leave it until later in the week the influence of Saturn in your sign could make a "no" answer more likely

For today's crossword answers and for expanded horoscopes, go to metronews.ca

M Scorpio Oct. 24-Nov. 22 The dividing line between fact and fiction can be difficult to spot and you'll need to make a special effort to see it today.

Nov. 23-Dec. 21 Because Sagittarius is a Fire sign people expect you to be assertive at times and you will certainly need to push a bit harder than usual today if you want to get things done.

り Capricorn Dec. 22-Jan. 20

Actions always have consequences - not sometimes, always – and if you keep that thought in mind today it will guide the kind of actions you need to take

Aquarius Jan. 21-Feb. 18 Check facts and figures carefully because there is a possibility that someone is trying to mislead you.

H Pisces Feb. 19-March 20 If someone asks for your opinion today you must be honest with them, even if you suspect they won't much like what you say. It's not your responsibility to spare their precious feelings. it's your job to tell it like it is.

SALLY BROMPTON



You WIN! write it!

Write a funny cap tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.





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